

The I'mperfect Life Body-Love Manifesto

My body is where I live.

It is my home for life, no matter where I am. It is mine, all mine. No one in the world can take it from me or call it their own. It works hard for me every day. Without my body, I wouldn't be alive.

My body is an amazing machine.

It is made up of approximately 36 trillion cells, all working together to survive. It may get sick, injured, or even damaged, but I know it's always doing its best to keep me alive. If something isn't "right" I seek medical attention. I am committed to fighting for answers if my concerns are dismissed. I will not accept, "You need to lose weight" as the only solution.

My body is not my enemy.

It is a living, breathing, aging, ever-changing specimen that is worthy of my love, time, patience and effort. I will not fight *with* it, it but I will fight *for* it, no matter my age, or the number on the scale, or the size of my jeans.

My body is dependent on me.

It needs me to take care of it, so it can take care of me. I must make sure it gets fresh air, plenty of water, nutritious food, enough rest, and movement to keep it strong and capable of allowing me to live the life I want to live.

My body is made up of genes that I cannot control.

It was created by generations that came before me. I cannot change my body's genetic make-up, but I can choose how I respond to it. I accept the challenges that are out of my control and choose to be proactive in managing the things I can.

I am me: I will not compare myself, or my body, to others.

There is only one of me. No one else in this world has the same combination of ingredients that make me, me. No one has the same DNA, same lived experiences, the same thoughts or feelings.

I am not my body: It has no bearing on my value or self-worth.

It is a collection of cells that build my bones, blood, and organs. Cells that are constantly regenerating so I can go on living. It does not define who I am; it is simply the container that holds all of my parts.

My body is a part of me: It is not all of me.

It is the vessel that lets me move through life. It allows me to experience my environment and connect with others through sight, smell, touch, taste, and sound. My body allows me to go places, do things, and show others love through my actions and my words.

My body is my most valuable possession.

Not because it's perfect, but because without it, I wouldn't be alive. It fights for me and the life I get to live. I appreciate that it will continue to fight until it can't anymore. I will do the same for it.

Continued...

My promise to my body

I will be kind to my body.

I will take care of my body.

I will use it to live a full life.

I will not be ashamed of my body.

I will use my body to connect with others.

I will not disparage or deprecate it.

I will forgive my body when it lets me down.

I will celebrate it for keeping me alive.

I will honor it.

I will appreciate it.

I will do all of this because my body deserves to be loved by me.
Today and every day, I am choosing to love this body of mine.



About Me

From 328 pounds, to triathlete, to mom of 2 boys at 40, and getting diagnosed with lipedema (a hereditary fat disorder that doesn't respond to diet and exercise) in 2019, I know what it's like to struggle with food, fitness, body image, and the challenges we face when it comes to loving our bodies.

I do not like the way my body looks, but I choose to love it and do my best to take care of it every day because I know it is the only body I will ever have in this lifetime.

I hope you will do the same.

Please print as many copies of this manifesto as you want.

Post it where you can see it every day.

Share it with friends. Share it on social media.

Spread the word! And tag me if you do!

If you struggle with body dysmorphia and/or an eating/exercise disorder, and/or have considered self-harm, please honor yourself and your body by seeking help from a therapist who specializes in these very serious challenges. You and your body deserve peace, love and joy, in everything.